

No Bake Oatmeal Peanut Butter Cookies

Makes: 18 Servings

These cookies are quicker to make since no baking is needed. These are a tasty treat with whole grain oats and peanut butter.

Ingredients

1 cup sugar
1/4 cup 1% milk
1/4 cup margarine
2 tablespoons unsweetened cocoa powder (if you like)
1 teaspoon vanilla extract
1/4 cup peanut butter
2 cups dry oats
nonstick cooking spray

Directions

1. Put sugar, milk, and margarine in a saucepan and bring to a boil. If using cocoa powder, add that too.
2. Remove from heat and stir in vanilla and peanut butter until peanut butter is melted.
3. Add oats and stir well.
4. Drop by teaspoonfuls onto a cookie sheet coated with cooking spray or covered with waxed paper. Chill for 1 hour.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	120	
Total Fat	5 g	
Protein	2 g	
Carbohydrates	18 g	
Dietary Fiber	1 g	
Saturated Fat	1.5 g	
Sodium	15 mg	